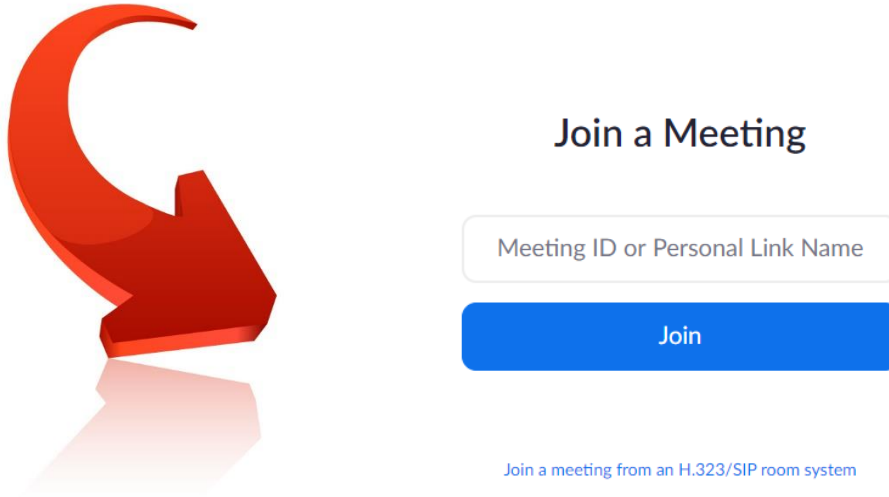


INSTRUCTIONS FOR SIGNING INTO ZOOM

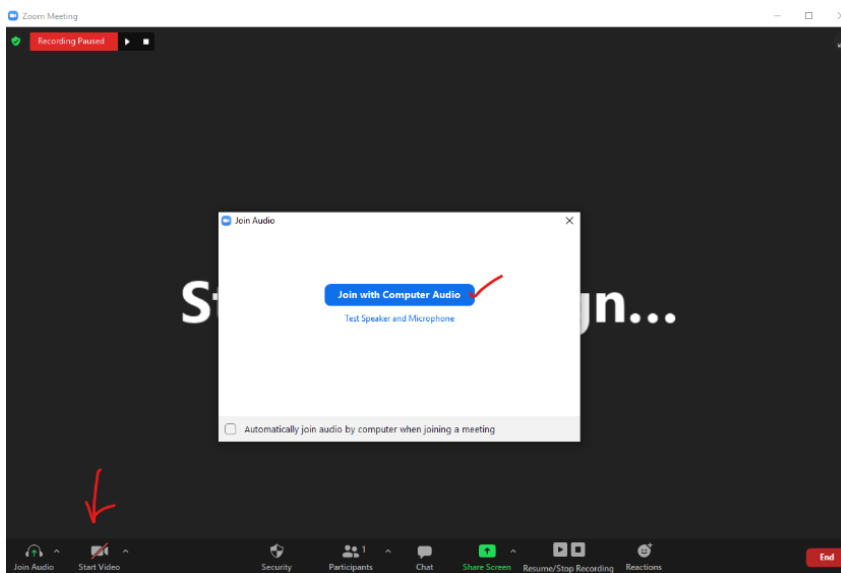
Once you have enrolled for a “Live Fitness Group X” membership, you will be emailed a link. Ca

How to join your zoom meeting class:

1. Download Zoom app, recommended to create an account
2. Online go to zoom.us in the upper right hand corner, select join meeting, this is what you will see:



3. **Enter the Meeting ID** from the link that you received when you signed up for membership. You will be using the same Meeting ID for all classes.
4. If prompted **Enter the Password** that is also in the link you were provided
5. This screen will pop up. Select join with computer audio (see check mark)
6. In the bottom left hand corner select start, (see arrow) select end in the bottom right hand corner to leave the class and That’s It!



Please be courteous, if you have background noise, barking dog, children etc please mute your microphone. We are excited you will be joining us!